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Vol. 12, No. 4

Welcome to Ute Country

**"Rainbows are made of small raindrops.
Happy lives are made from acts of kindness."**

— Amit Ray

PEEK INSIDE...



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Currant Creek Characters VI

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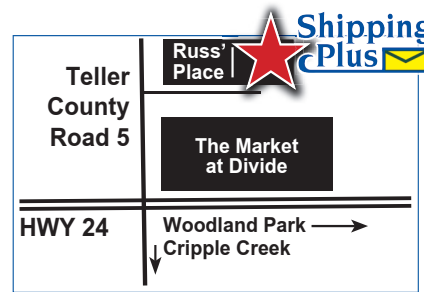
WE WILL REMAIN OPEN

Essential businesses are needed by the general public, the business community, and those that work from home. Essential Businesses are defined by the Department of Homeland Security (Presidential Policy Directive 21).

It is critical that our community continues to have access to these services. Shipping, mail, package receiving, (especially given the recent expansion of online ordering), notary and livescan services, office supplies, printing, faxing, etc. UPS, FedEx, and the USPS continue to make pickups and deliveries.

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Saturday, May 9 ... 1 p.m.	10 a.m. - 6 p.m.
Sunday, May 10 3 p.m.	Noon - 6 p.m.



The photograph of the double rainbow over the pond in Chipita Park seemed appropriate for this issue. The meanings of a rainbow include: enduring through a dark time; inner awakening; and the body of ascension. The meaning of a dual rainbow is awareness of the physical and spiritual; a bridge between the two. Are you allowing yourself to be engulfed in fear or are you choosing to see this as an opportunity to create something new? We just may discover where we end up is a better place than where we started. Consider how businesses have been able to develop creative solutions to serve their customers. Ponder how our planet is benefitting from less pollution (China and Venice). The Secretary-General of the UN called for a global ceasefire. Imagine; a tiny virus has the power to bring peace on our planet and unite nations!

The pages that follow have been very carefully selected to provide our readers with the essentials at this time. We have a long list of online resources for students of every age. We have contacted each food business in our coverage area to see if they have carry-out service. Learn how to boost your immune and healing steps by *The Thymekeeper*. Do a self-check of your resilient qualities by reading *Life Enhancing Journeys*. Step back in time by reading the sixth installment of *Current Creek Characters*.

We all look forward to business as usual and trust that will be probable in the near future. Just so you know, we intend on the return of Karen Anderson's *Growing Ideas*, Stefanie Skidmore's *Mountain Mustang Memories* and an eye-opening article by One Nation Walking Together, all coming in May.

Are you tired of seeing our boys in *Critter Corner*? Please send in your favorite photos of your pets via email utecountrynewspaper@gmail.com or POB 753 Divide, CO 80814. This is the same way to share comments, questions and requests. You may also stop in at Shipping Plus, 52 CR 5 in Divide, which will continue to be open M-F 9-5:30 p.m. as it is a *Government designated essential business*.

Thank you,
— Kathy & Jeff Hansen

A special thanks to all listed here for their professional work and time to make this issue possible. If you have any questions please contact the publishers.

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The Thymekeeper

The best defense is a good offense
by Mari Marques-Worden

Just in time for springtime cold season, we have a new strain of virus to contend with. Interestingly enough, the common cold is in the same virus family and millions of people contract it every year without experiencing mass hysteria.

Pandemic simply means a pathogen is now seen on every continent. It doesn't speak to the severity or length of an illness but it does sound pretty scary. We have had three pandemics (now four) since the 1918 Spanish flu without excess mortality rates.

There are several reasons people died from the flu back then, including pollution from coal smoke among others. A closer examination will show that the flu got the blame for a whole lot of death, but no one ever puts death from deficiency or death from aspirin overdose on a death certificate. It's important to keep in mind there are always co-factors to consider when looking at mortality rate; more on that later.

It's proven, this entire planet including you my human friend are made up of bacteria, viruses and fungus. As I mentioned in the March 2018 *Ute Country News*, per Dr. Zack Bush, we think we have a pretty good idea of how many viruses there are on the planet yet we don't know how many species of viruses exist.

With mass hysteria comes a plethora of mis-information so again I say, let's take a collective deep breath and look at some facts and options.

Boost your immune

There is a plethora of anti-viral herbs available to us. Let's look at it another way. Instead of having the mentality to kill or wipe out anything, let's switch our focus to building up instead of tearing down. Every year I harp on this very subject, so this may seem repetitive to some but let it serve as a reminder. A healthy immune is of the utmost importance as a preventative. There are supplements such as, vitamin C, zinc and vitamin D that can be utilized every season change and throughout the year for people who don't have access to the sun or get outdoors. Vitamin C can be found in foods with a lot of color like peppers, citrus fruits and leafy greens. Zinc can be found in elderberries.

There are many immune boosting herbs that can be taken as tea or just eaten. Elderberry sits at the top of my list and not only does it boost the immune, the elder plant is one of the most effective anti-viral remedies known to man. A tea made with elder flowers and peppermint is an almost infallible cure for the onset of influenza and a good old-fashioned remedy for colds and sinus infection.

Lymph health is another important aspect of the immune system. Keep that lymph moving with herbs like red root, cleavers and ocotillo.

More suggestions for a healthy immune are:

- Reduce your stress levels. Easier said than done in the midst of a perceived crisis. Seriously, calm down, this collective panic mode is doing no one any good. We have options and we cannot predict the future so let's not try. Pay attention to words because they matter. When you hear words like "this virus could, might, possibly or potentially" cause or do something it isn't written in stone. Turn off the TV, take a break and have a laugh; truly a great medicine.
- Cut down on sugar intake. Not only does sugar rob you of vital nutrients, the amount of sugar in one soda can lower your immune by up to 40% for several hours. Many fruit juices have nearly, if not as much sugar, as soda does.
- A healthy diet is your friend under any circumstances but especially when boosting the immune. Junk foods also contain loads of sugar or sugar-like products as well as plenty of other undesirables that put your immune to the test.
- Avoid sleep debt; try to get 8 hours a night if you can.
- Use good hygiene and by that I don't mean slathering your body with hand sanitizer, I find this practice particularly disturbing. Plain soap and water will do and won't contribute to bacterial resistance.
- Smudge your house using sage, thyme, frankincense, myrrh to clear the air of germs. *Smudging: Alternative medicine or ancient ways?* *Ute Country News* archives October 2018.
- Be a nose breather! You have protection living in those nostrils in what is known as your biome.

These are things we have control over and can choose to do at any time that can dramatically increase the health of your immune system.

If you do get sick

Is it any surprise that thyme is my number one respiratory herb? An herbal steam with thyme at the onset of illness and throughout will not only take on the virus, it will help alleviate your symptoms. Virus and bacteria cannot live above 99 degrees so heating up your respiratory system is going to give a virus a good road block. What better time to hit the sauna or steam yourself in the bathroom adding a few drops of essential oil to the shower.

Thyme is an anti-microbial herb and it doesn't matter whether you have a bacterium or a virus, thyme will coat your mucous membrane from the top to the bottom with anti-microbial volatile oils. It also has immune boosting action and is decongestant helping you to breath better.

Oregano has many of the same properties as thyme and can be added to the mix. Pour yourself a cup of tea before you start your steam and get that anti-microbial immune boost action on the inside too.

Fact: *Elderberry and flower have shown to significantly lessen down time and severity of symptoms when taken before or during illness. For more on elder see Ute Country News archives November 2018.*

- Garlic and onion are 2 of the most powerful anti-microbials in your kitchen. Raw is best and steeping your garlic or onion in honey makes it much more desirable to eat and adds the healing power of honey to the mix. A poultice of onion on the bottom of the feet will draw out toxins and you will absorb the antimicrobial constituents.
- Honey is antimicrobial and will soothe a cough.
- Keep your mucous moving and never attempt to dry it out. Marshmallow root powder will help thin the mucous so it can move out easier. It also has demulcent properties that soothe irritated tissue such as sore throat and help the tissues to retain moisture.
- Clear mucous is a good sign, yellow means it's becoming stagnant and green means infection. Want to get that mucous moving? Try horseradish, have a bite!

What not to do

- Don't squelch the fever. Fever is a healthy immune response to an invading pathogen. It is there to burn the virus out so let it do its work. Herbal teas that help ease the discomfort from fever are boneset, elder flower, yarrow, mints.
- Fact:** *The degree of fever does not correlate to the severity of the illness. I know herbalists who don't even own a thermometer so no worries if you can't find any on the pharmacy shelf. Your hypothalamus will not let your fever go too high unless you're stuck in a hot car or extreme conditions.*

Fever can be productive and help you recover from infection. The biggest danger of fever is dehydration. If you become dehydrated you will end up in the ER. Take small sips of an electrolyte drink (sans sugar) as much as possible.

- Don't eat solid food until the fever has broken. Broths are ok but your energy is better spent fighting the virus than digesting food.
- Cloths dipped in mint tea can be applied to the forehead and pulse points for relief.
- Avoid dairy at all costs. Dairy causes excess mucous.

continued on page 4

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Many happy customer references upon request!

The Thymekeeper

continued from page 3

- Avoid NSAIDS such as Motrin, Tylenol and aspirin as they will suppress the immune system, its responses.
- If headache is on your symptom list, a drop of peppermint essential oil on the temples and back of the neck will help relieve it.

For more on fever phobia and how to properly treat a fever see UCN January 2014.

- Don't get up and resume your usual schedule just because you feel better on day 4 or 5. Stay down or you can easily turn a 7-10-day illness into a month. This is a common mistake made by most people and it could possibly be the worst thing you can do if you expect a quick recovery. I heard in once case of a guy testing positive who did that very thing and he certainly did get a whopping take-down because of it. It literally took him an entire month to recover and the second time he went down his symptoms seemed to double in severity.

Another case where a man on a cruise ship was quarantined said his lasted about a week and his 103 degree "symptom" was the worst of it for him proving my point here. He had no choice but to stay put and his experience was mild compared to the other guy who resumed life as normal after day four.

Rest! Recovery time should be the same amount of time as the amount of time you were sick. Most people don't have the luxury of taking time to recover so boost your immune ahead of the game. Hopefully this will be one positive change we will see in the future. This is the time you want to shelter in place.

When considering death surrounding any illness it's important to keep in mind that co-factors ALWAYS play a role. For example, when I heard that 10 people died in Washington state from the virus, my first thought was, I wonder if they were all in the same nursing home. Turns out they were. Most nursing home patients have compromised immune systems to begin with, and they rarely get outside for fresh air or sunshine. They eat terrible food and many are taking multiple medications that suppress the immune system. Arthritis meds are well known immune suppressors and last I checked NSAIDS are very much a part of daily life for some folks. As it turns out 9 times out of 10 when people die from a virus, they had compromised health to begin with.

I was touched by the latest virus for the first time when I found that the majority of the herbs I would use to treat a respiratory virus are out of stock, and one has become so expensive it would be out of reach for most people. It truly left me with a feeling of emptiness for lack of a better word. Fortunately, I do have some back stock, my greenhouse is coming back to life, and we have plenty of good helpful herbs growing around us. We have options!

On the bright side

The sun is a wonderful disinfectant. If nothing else this virus has shed light on some not so great things about the state of our world. Americans finally have a chance to stay home whether it be to heal or reflect or both.

The worst I've seen come out of this

crisis is unqualified people suddenly becoming experts and giving out bad medical advice. If you are not trained in health care please refrain. Misinformation is not only dangerous, it adds to the chaos.

The Earth can take a breath... because of a virus

China has cut carbon emissions by 1 million tons and the air is clearer than it's been in years. (Various sources including carbonbrief.org, time.com, Bloomberg.com, and climateactiontracker.org) Italy has cleared their muddy canals and now enjoy crystal clear water (Various sources including theguardian.com, thehill.com, abcnews.go.com.) U.N. Secretary-General Antonio Guterres called Monday (3/23/2020) for an immediate cease-fire in conflicts around the world to tackle the pandemic. Imagine that! Makes a person wonder if this experience will teach us anything about the devastating impacts humans have on the Earth or will we carry on as normal once the danger subsides because our normal needs some scrutiny in my humble opinion.

If this truly is a turning point, let's not spend our energy concocting different ways we could contract this virus, I've heard some real doosies. This may be our chance to create a better future for our children. Watch where you put your energy peeps, a better world is possible, it's up to us. Stay safe my friends. We can get through this!

We can help you with the herbs mentioned in this article in stock and will be open for business via appointment only. Feel free to contact Mari with your questions or concerns and depending on the ever-changing situation, herb delivery will be available as needed.

For my friends who have no access to internet and the Ute Country archives, I, or the publishers of this paper will provide printouts of my previous articles at your request.

Mari Marques-Worden is a state certified herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303.

Immune Boost Recipe

- 1 tsp Echinacea root
- 1 tsp Elderberry
- 1 tsp Elder flower
- 1 tsp Cleavers herb
- 1 tsp Ginger root

In 2 Cups of water, bring the echinacea, elderberry and ginger root to a low boil. Simmer until water is down to half the amount, approximately 20 minutes. Turn off heat. Stir in flowers and cleavers, then let steep 10 minutes. Strain. To make an elixir, add equal parts tea to equal parts local honey.

DIY Electrolyte Blend

- 1 Quart water
- ½ tsp Sea Salt (not table salt)
- ½ tsp Baking Soda
- Juice of ½ lemon

May need to slightly heat to blend ingredients. Drink often as sips!

Adopt Me by AARF

Billy

This is Billy. He is a 1-year-old lab mix who LOVES toys! His favorite game is fetch, which he'd play all day if given the chance. Billy is a loving boy looking for someone to throw his tennis ball for him.

On a separate note, AARF is in desperate need of fosters right now. If you are able to adopt or foster any of our animals, please contact us at 719-748-9091 or aarfcahy@gmail.com.

This space donated by the Ute Country News to promote shelter animal adoption.



The Guffey Library

by Flip Boettcher
photo courtesy of Rita Mick

In February, the Guffey Library was awarded the Children's Book Project Grant from the Pilcrow Foundation, sponsored by an anonymous donation. The Pilcrow Foundation, located in Oregon, provides new quality hardcover children's books to rural public libraries.

The Guffey Library received 70 books from the foundation valued at a little over \$1,200. The grant also included two donor-sponsored programs. One provided two books from Shout Mouse Press, whose mission is "Through writing workshops that lead to professional publication, we empower those from marginalized backgrounds to tell their own stories in their own voices and, as published authors, to act as leaders and agents of change."

The second program provided 23 books, or \$400 worth of math and science books funded by a generous donation from Mr. and Mrs. Hal Berenson and Laura Ackerman of Colorado. The Friends of the Guffey Library also contributed another \$400.

Since the student/adult book was meeting, Rita Mick, Guffey head librarian,



The students in the Guffey Library adult/student book club pose for a picture after Rita Mick announced and explained about the library getting the Pilcrow Book Grant. The students in the last row are spelling out "Thank you." The students in the front are holding some of the books the library was awarded.

made the announcement and explained about the book grant before the book club meeting and took a group picture. The students in the back row are spelling out "THANK YOU."

The Guffey Library, one of four in the Park County library system, is an integral part of the Guffey community, providing many services, programs, events, and of course, a wide-ranging selection of books.

With a library card, one can visit the library's website: www.parkcounty.colibraries.org-guffey and go to online resources for a list of all the FREE services that are available.

Once libraries are open again, stop on in to see everything that's offered!

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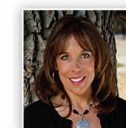
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Financial Focus

Are your financial and tax advisors talking?

Now that we've closed the book on 2019, it's officially tax season. As you prepare your tax returns for the July 15 deadline, you might already start looking for opportunities to improve your tax-related financial outcomes in the future. One important step you can take is to connect your tax professional with your financial advisor. Together, these professionals can help you take advantage of some valuable strategies:

- **Roth vs. traditional IRA** — If you're eligible to contribute to a Roth IRA and a traditional IRA, you might find it beneficial to have your financial advisor talk to your tax professional about which is the better choice. Generally, if you think your tax rate will be higher in retirement, you might want to contribute to the Roth IRA, which provides tax-free withdrawals (if you're older than 59 ½ and have had your account at least five years). But if you think your tax bracket will be lower when you retire, you might be better off with the traditional IRA, which offers upfront tax benefits — specifically, your contributions may reduce your annual taxable income in a given tax year. Your tax advisor may have some thoughts on this issue, as well as how it might fit in with your overall tax picture in retirement.
- **Taxable vs. non-taxable income** — Turning taxable income into non-taxable income can lower your current year's tax bracket. Depending on your income, you could potentially subtract your traditional IRA contributions (or your SEP-IRA contributions if you're self-employed) from your taxable income. Even now, it's not too late to affect the 2019 tax year, if you still haven't reached the IRA or SEP-IRA contribution limits. Before you file your 2019 tax returns, your tax professional

can tell you financial advisor how much you would have to contribute to your traditional IRA, SEP-IRA or similar account to potentially lower your taxable income. If you make the contribution, your financial advisor can illustrate how it would impact your retirement picture and make a recommendation on how to invest the money. (You can fund your IRA with virtually any type of investment — stocks, bonds, mutual funds, and so on.)

- **Capital gains taxes on mutual funds** — You might think you have total control over taxes related to your mutual funds. After all, you decide how long to hold these funds before selling shares and incurring capital gains taxes. However, mutual fund managers are usually free to buy and sell new investments as they see fit, and some of these sales could generate capital gains taxes for you. If these taxes are relatively large in any one year, your tax professional may notice and could relay this information to your financial advisor. This doesn't necessarily mean these mutual funds are inappropriate for you; they still may be suitable for your goals, risk tolerance and time horizon. But the tax aspect may be of interest to your financial advisor, who might recommend more tax-efficient investment options.

Your investment and tax pictures have many overlaps, and by ensuring your team of advisors is working together, or at least communicating with each other, you can increase the chances of getting your desired results.

This article was written by Edward Jones for use by Lee F. Taylor, AAMS, your local Edward Jones Financial Advisors.

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Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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Surfing powder

by Peggy Badgett

Glistening snow whispered beneath my pink and purple board. I grinned and criss-crossed my way through five inches of champagne powder. The entire run was mine alone. White-capped peaks towered into the clear sky around me. At the top of a small crest, I paused to admire my without-a-care bluebird day. Even the wind was at peace, leaving all the tall dark green spruces and slender firs flocked with white.

Pride at my skillful prowess swelled. The steep and unforgiving learning curve of snowboarding had been filled with pain and frustration during my decade-long struggle to master the sport on icy midwest hills. In the past, clots of skiers in front of me produced a panic that inevitably dumped me on the unforgiving hard ground. Lift offloading guaranteed I'd end up in a tangled heap trying to dodge the metal chair as it swung overhead. Maintaining a snail's speed was imperative to prevent time in traction. But after moving permanently to Colorado, one winter season erased all that. I glided through the snow without worrying about every move, trusting my instincts. Like my bicycle and standup paddleboard, my snowboard has become an extension of my body.

I swiveled the board toward some pristine white at the side of the run. As the incline grew steeper, my velocity increased. I flew just above the surface, bending and flexing through the turns. Giggling with intoxicating happiness, I wanted to crow to the world, "Look at me! Look at me! I'm a fifty-nine-year-old mom rocking this mountain!" Then a blur of red in the trees invaded my periphery. Distracted for a mere moment, my front edge suddenly caught in a deep track. I wobbled, tried to regain my balance, and for one breathless nanosecond catapulted into the air. Then I landed poorly on my back edge and somersaulted into a poof of snow. It happened so fast I didn't have time to panic. As I lay face up in the deep powder, I slowly lifted my eyelids to lock stares with the haunting, eye-like scar in the bark of a broad aspen staring down at me. I took inventory of my limbs. Everything wiggled freely; no stabbing pains registered up my shocked nervous system. The skier in red gracefully slid to a stop below my yard sale, and asked if I was ok. I lifted my head, and gave him the thumbs up. Snow trickled down my back through the waist of my pants.

Apparently, I wasn't ready for professional snowboarding competitions after that little "agony of defeat" moment, but I was extremely grateful for the plentiful fun in my new life. I began digging out my board. This gap year has unfolded into a welcome early retirement from a stressful thirty-five-year pharmacy career. How wondrous it is to be free of jangling telephones and glares of impatient pharmacy customers. No more sticking immunization needles into bared arms or steeling myself to deny early narcotic refills. Now I pack a lunch, let my elderly canines nap in the sunlit cabin, and drive to a part-time



Oops! photo by Alex Badgett
Cover: photo by Stan Claassen
Peggy making it look easy!

job a few days a week where I adore my coworkers and customers. The rest of my days are filled with hiking, biking, and hanging out with friends and neighbors.

As I tightened my bindings and shook snow from inside my gloves, I couldn't stop grinning. Funny how Mother Nature always dished up a healthy dose of humility every time I started overestimating my worth, both as an athlete and contributor to society. Bowing my head to receive a medal on a podium is probably out of my reach at this point. Instead of laboring as respected health care professional, I am working for minimum wage helping folks sort through nuts and bolts. But wealth has never been my top priority. I've always considered the most important commodity I can bestow to the world around me is genuine caring. Smiles and encouraging words are free. Together, we are all passengers on this big beautiful planet. The least we can do is improve the ride for everyone we meet on our path.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

Editor's note: Readers who enjoy Peggy's column and also read Life Enhancing Journeys this month, are quite likely to also enjoy Peggy's book Rooster at the Drive-Through because she gives many examples of resiliency through her outlook. The book is full of examples of Peggy shifting her attention from life's stresses to those she loves and things she loves, engaging her attitude of gratitude and finding herself in a happy place. We all have the capacity to shift our focus. Reading Rooster at the Drive-Through just may bring you the role modeling needed to show you how it's done! (Now available at Shipping Plus in Divide). Readers, be ready to laugh. Peggy, be ready to get some elbow bumps!

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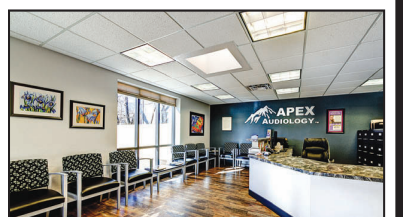
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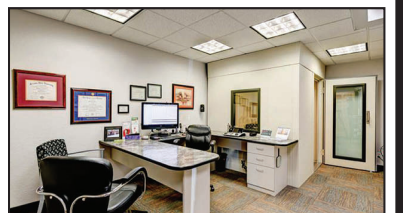
Untreated hearing loss can lead to isolation, memory problems, and even dementia?

Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.



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Life-Enhancing Journeys The benefits of resilience

by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

Have you ever noticed how some people seem to remain peaceful and composed even in the face of catastrophe while others become devastated? Despite obstacles, people who can remain cool, calm and collected have what is commonly referred to as resilience, which is the ability to manage setbacks and difficulties without falling apart. As we discussed in last month's article (How childhood can impact who you are today — *Ute Country News* March 2020), resilience is composed of traits and/or a set of skills that can be learned and developed.

In this article, we will be learning what resilience is as well as what characteristics reflect a resilient person. Subsequent articles will focus on how to create resilience-building practices in your own life, which can improve your ability to manage life's inevitable disappointments and frustrations with confidence.

What is resilience? The noun resilience stems from the Latin *resiliens*: "to rebound, recoil." Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Being resilient is not implying that a person avoids experiencing difficulty or distress, instead suggests the resilient person, even in the face of events that seem devastating, can utilize their strength to not merely survive, but eventually to thrive.

Resilience is important for several reasons. It enables us to develop mechanisms for protection against experiences which could seem overwhelming. It helps us to maintain balance in our lives during difficult or stressful periods, as well as protect us from developing some mental health struggles in the future.

Being resilient means being able to adapt and bounce back when something difficult happens in our lives. It is the ability to pick ourselves up after trauma or a painful experience.

The concept of resilience is quite familiar to me as I have had numerous opportunities to learn and practice resiliency skills. In my life, I can recount numerous examples of when I've felt knocked down, betrayed, shamed, conned, duped, etc. However, I always got up again to fulfill my goals or adjust them to something even better. For example, after graduating from high school my parents wanted me to go to college even though I felt directionless. The last thing I wanted to do was spend more time in school. Yuck! I went to college as an art major just to please my parents, and I quickly flunked out. Avoiding going to class and never turning in assignments was all I needed to do to accomplish the goal of getting kicked out of Kent State University — a university that was then considered a "party school." After returning home, I was at a very low point. I knew I needed to get a job and I was grateful to have been hired as a nurse's aide even though I had no training. I liked the job so that led me to enroll in nursing school at a college close to home. Graduating as an RN opened up many professional doors. Continuing my higher educational opportunities (at a time when I was ready) enabled me to pursue my present profession for which I am very enthusiastic. My path took some unexpected turns yet there was so much value from my experiences. Although it hurts to fail, I didn't let it beat me down and I was able to find an unexpected path that led me to my destined profession. I was able to realize that I am neither a failure nor a flunky, but fortunate and resilient.

Resilient people tend to be motivated internally rather than externally. Internal motivation is a force that comes from within the individual rather than as a result of an external reward. Intrinsically motivated people consider their situation

to be challenging yet achievable and they trust themselves to make decisions that will positively influence the outcome. They are aware of their emotional reactions which enable them to believe they are in charge of the situation. Resilient individuals have a greater likelihood of figuring out new ways to tackle problems.

What you're telling yourself is "I'm motivated because of what I possess inside of me. My belief in my ability to succeed is the only limiting factor. I can do this."

Throughout our lives, we are changing (and, I hope, evolving) which also impacts our levels of resiliency. At times, we may find that our ability to handle difficult situations varies. We may find ourselves stumped if we become overwhelmed, yet we can use that experience to motivate us without giving up. We may even feel exhilarated when we realize we have handled a tough situation well. The point is that we may experience setbacks yet continue to pursue our objective.

You probably already realize that life is full of challenges. While it's impossible to avoid life's difficulties, we can remain flexible and be willing to adapt. Resilient people utilize their skills and strengths to cope and recover from difficulties. Remember that resiliency does not eliminate stress or erase life's torments. What resilience can provide is an understanding that even though problems happen and life can be painful, those resilient individuals have confidence that they will survive those problems that life presents. A resilient person experiences emotional pain, grief, and a sense of loss that accompanies a tragedy; however, their attitude and perspective allow them to endure the distress and come through it unbroken and perhaps even stronger.

While people vary dramatically in their coping skills when confronting a crisis, researchers have identified some key characteristics of resilience.

How do I know if I am resilient? Ask yourself the following questions:

Do you believe in yourself?

"If you work hard and commit yourself to a goal, you can achieve anything." If you agree with this statement, you hold a positive view of yourself and your abilities. A resilient person trusts him/herself to figure out what to do, how to do it, or from whom to ask for help (when necessary). This person has a clear sense of one's competence and talents, as well as one's ability to achieve goals.

Do I have a sense of being in charge of my own life?

This is about believing that you have control over your own life choices, rather than being at the whim of other people or outside forces. This is also known as an "internal locus of control." What this means is that I can have control over the events that influence my life and the choices I make will affect the result because I am strong. The benefit of this belief is that when you trust that you hold the keys to your fate, you're more likely to take action to modify your plans when needed and avoid blaming others for your misfortune. Blaming others for your bad luck is the opposite of resilience and you're announcing to the world that others are in charge of you.

Can I accept that all things are temporary?

The understanding that all things in life are temporary provides a strong foundation to cope with the trials and tribulations

continued on next page

of life. Resilient people understand and accept the truth that all things come to an end, and everything is temporary. Whatever moment you're currently in, difficult or easy, it will eventually evolve.

Have I developed flexibility?

Our ability to survive well comes from flexibly navigating life's ups and downs. Negotiating this journey comes from having faith, strength, and adaptability to cope with the harsh realities of life. Lao Tzu said, "Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield." Think about how the Grand Canyon was formed.

Can I recognize what is in my control/ what is out of my hands?

Some factors are simply outside of our control, i.e., natural disasters. Mother Nature never checks in with me before a snowstorm or a tornado!! Also, as much as I'd like to believe that I can control what others think or feel this is simply impossible. It is, therefore, beneficial to ask myself if there is anything I can do about this situation at this time. Resilient people can notice the difference.

Have I developed effective problem-solving skills?

Problem-solving skills are essential. When a crisis emerges, resilient people can look at the problem to formulate a workable solution. What this essentially means is that you must calm down your brain first to be able to access new information, reasoning, and creativity. The important aspect here is to remember to BREATHE.

How strong are my social connections?

Knowing there are people who you can trust and who care about you when you need help is reassuring. Resilient people understand that connecting with individuals who can offer support, help you to gain a new perspective, or extend encouragement is crucial. Friends, family members, co-workers, even online support groups can be sources of strong social support.

Do I practice regular self-care?

Life is full of stressors and challenges; however, resilient people will take good care of themselves first. They get enough sleep and rest, eat healthfully, exercise, have fun, surround themselves with safe friends, etc. Self-care is known to stave off (di)stress and avoid burn out.

Do I identify as a fighter/survivor rather than as a victim?

A fighter is strong whereas victims view themselves as helpless. When dealing with any potential crisis, resilient people view themselves as competent. They avoid thinking like a victim of circumstance and instead look for ways to resolve the problem. While a situation may be unavoidable, they stay focused on a positive outcome.

How do I take action/take it to completion?

The ability to envision our goals generates a mindset that affirms that most things are possible. Understanding what we want to accomplish is the basis for our success. However, unless we take action, this understanding of who we are and what we want is merely a thought. Executing the plan requires taking the next step, every day, no matter how hard it may be and to keep at it until it is completed.

Can I receive constructive criticism without taking it personally?

The reality is that some people enjoy tearing down and belittling others, feeling

Resilient people tend to be motivated internally rather than externally. Internal motivation is a force that comes from within the individual rather than as a result of an external reward.

that it elevates them personally. A resilient person will recognize that cruel comments come from an individual's insecurities. It is not about them. They can entertain constructive criticism because they are aware that there are things that they can learn. They understand that everyone has his/her perspective. They avoid letting someone who views things differently to deter them because they are listening for the wisdom in other people's words.

Can I let go?

Letting go comes from having a "non-judgmental" viewpoint toward life and people and it allows us to forgive others and ourselves for mistakes and disputes. A resilient person can let go of fear, pain, anger, and even people. It is the ability to let go that makes us more flexible and tolerant.

Do I practice patience?

Take time to slow things down. Resilient people are patient with themselves and avoid the impulse for immediate gratification. Keep in mind that life is a marathon, not a sprint. I have found that the practice of patience benefits from compassion and gratitude — for yourself and others. Were you aware that simply by searching for occurrences for which you are grateful stimulates the feel-good chemicals in the brain? Could gratitude be why resilient people seem so happy?

Do I live in the moment?

Living in the moment is about making a choice then focusing solely on completing that task. This prevents the mind from wandering into the future (or the past). Resilient people incorporate a practice of mindfulness into their lives.

Can I ask for help?

While being resourceful is an important part of resilience, it is also essential to know when to ask for help. We function better when we collaborate rather than isolate. Along with those whom you trust, some potential sources of assistance include: books, online message boards, support groups, and counseling.

Resilient people develop the ability to adapt with ease during adversity, bending like a willow tree instead of breaking. Resilience gives individuals the confidence and strength to confront problems decisively, overcome adversity, all the while continuing to manage their lives. These are powerful tools.

Does this sound like skills you desire and/or want to enhance? Next month's article will concentrate on ways to fortify your resilience.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).

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Sky Spirit by Danielle Dellinger

The legend of the Sky Spirit says that there is a creature that lives in the clouds. A creature of white, blue, and silver. Few have seen it with their own eyes. Its godliness is almost too much for humans to process. When the sky is dark and stormy and the lightning flashes, a large snakelike figure can be seen darting about. But lately, the skies have been quiet.

Mya Criss walked home alone from middle school, humming to herself and kicking a pebble along. She preferred walking alone because she was able to admire the scenery uninterrupted. Ahead of her stood the majestic peak, Mt. Deus, which was Latin for "God." The mountain's peak was always shrouded by clouds, and sometimes those clouds would spread out over the city, as if the mountain itself were generating them. Mya lifted her eyes to the clear blue sky overhead. The Sky Spirit's legend came to mind, and she stopped walking. "Where did you go?" she wondered aloud about the creature.

"Mya! There you are! Come help me carry the groceries in." Mya looked toward her mother's voice, just now realizing she'd stopped outside of her house. She jogged up the driveway and grabbed what she could from the car's trunk, carrying it inside.

Later that night, she sat in her room in front of her professional telescope. Her favorite thing to do was look at the planets, especially the newly discovered ones. In late 2019, a habitable zone planet was discovered in the Dorado constellation, roughly 100 light-years from Earth. The host star of the planet is called TESS of Interest number 700, or TOI700. The planet, called TOI700d, is Earth-size and orbits TOI700 every 37 days. Mya had been reading up on climate simulations for TOI700d, and based on the models, the researchers believed that if the atmosphere contained a combination of methane or carbon dioxide or water vapor, the planet could be habitable.

Mya sat back from her telescope and imagined what kind of life might be on TOI700d. Were there animals? Would they look similar to Earth's animals? What about people? Mt. Deus caught her attention outside her window. Did the creature from the legend leave Earth to find a new home? Could it live on TOI700d better than it could on Earth?

It was the weekend now, and although Mt. Deus looked far away, it was only a two-hour train ride to reach it. She had to find out what had happened to the Sky Spirit, so she decided to go to the mountain in the morning. With a large grin on her face, she jumped up to pack a small bag for her trip.

As she was packing, her mother called for her from the other end of the house. She groaned and walked out of her room. "What?" she called down the hall, her tone all teenage attitude. Mya walked until she found her mom in the office. "What?" she

said again from the doorway.

Her mother turned around, rolling her eyes. "Lose the attitude." She put old birthday cards in the back of a photo album. "Don't forget tomorrow afternoon we have Gran's 89th birthday party. I'd like you to come help set up and decorate."

Mya groaned and sighed, slumping against the doorframe. "But I was hoping to hang out with friends tomorrow. Tracy hasn't been to Mt. Deus' gift shop before," Mya lied. She watched her mother shake her head.

"You're needed to help set up." She locked eyes with Mya. "End of story." "I don't want to!" Mya whined as she turned and stomped back to her room. "End of story!" her mother shouted after her.

Mya slammed the door to her room and flopped on her bed. She turned her head to stare out at Mt. Deus. Small flashes of lightning could be seen in the clouds surrounding the peak. That's when she thought she saw a flash of red that illuminated a snakelike silhouette darting upward. Mya gasped and leaped off her bed, dashing to the telescope and pointing it toward where she'd seen the red flash. But nothing appeared again. Not even a flash of regular lightning. She waited and waited just to be sure, but the sky remained still. Mya reluctantly left the telescope to get ready for bed.

As she lay on her back staring up at the ceiling, she decided to sneak out at dawn to get to the train station early. She had to find out what she'd seen earlier. Her gut told her the legend could actually be real.

At five in the morning, her alarm rang. Mya quickly silenced it, slid out of bed, dressed and grabbed her bag, and then snuck out. Heavy fog greeted her when she opened the front door. Frowning, she made her way outside and down to the train station. Once on board, she settled into her seat and looked out the window. The fog had yet to lift. A short while later, they pulled out of the station and started on their journey.

Two hours later, Mya stepped off onto the enclosed platform. The gift shop was straight ahead, and the smell of fresh brownies wafted out. Mya's stomach rumbled and she ignored it, walking for the exit instead. Even miles away from the city, the fog was incredibly thick. She followed a small group onto the trail that would lead to just below the summit.

The group walked at an average pace, occasionally stopping to look closer at something. Mya couldn't figure out why because the fog had yet to lift. Still, she made sure to keep her distance so they wouldn't know she was there. But after a while of walking, Mya realized the group was no longer in front of her. Where had they gone? She'd been right behind them the whole time. As far as she could tell, the trail hadn't branched off.

Mya swallowed her fear and kept walking. Eventually, she came to the end of the trail, and the fog finally lessened enough to show another path straight ahead. Mya frowned as she squinted, trying to see into

the fog. All she could make out were a few tall, dark shapes. She glanced around in one last attempt to spot the group she'd been following. Seeing nothing, she exhaled nervously and stepped onto the new path in front of her, the fog closing in behind her.

After a few minutes of walking, the fog drew back to reveal a thick snowy forest of upside-down trees. Their roots spread across the sky, creating a weblike appearance. Mya couldn't stop staring. She'd never seen anything like it. The path grew steeper and the air grew thinner. It felt like magic was in the air. The forest seemed to make its own music that sounded like gentle wind chimes. Weird lights twinkled around her, and she wondered if they were fairies.

When she rounded a curve, a sudden thunderous roar echoed through the forest. Mya, gripped by fear, hid behind a boulder sticking out of an embankment. No other sound followed. Mya gathered her courage and came around the boulder, cautiously continuing on the path. Then suddenly, she saw figures moving up ahead. The sunlight hitting the snow only allowed her to see silhouettes. But what she could make out looked like humans and a large beast. She heard the sounds of a fight, clanging metal and shouting.

Then without warning, the beast launched into the air and flew across the path right in front of her. It looked like a Chinese dragon but with a deer head, complete with large antlers. It swooped back toward the people and suddenly disappeared in a flash of red light.

"We got it, sir!" shouted a woman. "Lock it tight! We're gonna be rich, boys and girls!" a man called back in a gruff, raspy voice.

There was a loud, sharp sound of metal quickly sliding against metal.

A pained roar followed.

"Now you won't escape ever again," said the raspy-voiced man.

Mya stood frozen, mouth agape. "Hey! Who's that?!" yelled a different man. Mya broke from her trance, saw a man with a sparking cattle prod coming toward her, and took off running back down the path. "Don't let that kid escape!" shouted the man with the gruff, raspy voice.

Mya kept running, even though her lungs burned with the cold air. She didn't stop until she reached the train platform. When she looked back, she didn't see anyone chasing her.

Mya walked into her house in the early afternoon. Her mother greeted her with a disappointed glare and ordered her to get into the car. They were now late to help set up for Gran's party.

When the party was in full swing, Mya stood in the corner with her cup of grape juice.

"You look like you've seen a ghost," Gran said, hobbling over with her walker.

Mya forced a smile and shrugged.

"What's wrong, kiddo?" "Do you know the legend of the Sky Spirit?" Her tone was hushed as she spoke.

"The one about the beast in the clouds?" Gran asked, nodding as she thought. "I know it. Why do you ask?"

"I think I've seen it," Mya confessed. "What? No! Honey, I think you must be mistaken."

Mya glanced toward her mom. "I think the Sky Spirit is in trouble. I think some people are holding it captive."

"How do you know that?" Gran's eyes narrowed as she watched Mya nervously shift in front of her.

"Because I went to Mt. Deus and followed a path into the snow..."

"You what?!"

"Please, Gran. I need to figure out how to save the Sky Spirit!"

"Mya," Gran said, shaking her head. "I don't know what you think you saw, but it can likely be explained by the lack of oxygen on the mountain. Now, promise me you won't go back."

Mya's face fell with hurt and disappointment. Gran shook her head and hobbled away to visit with some friends. Despite what Gran had said, she'd already made up her mind. In the morning, she would return to Mt. Deus to free the Sky Spirit.

Mya walked up the snowy path into the forest of upside-down trees, her heart racing. She passed the boulder that she'd hid behind the other day, and her steps slowed, bracing for the sound of fighting or even voices coming toward her. This time, she didn't hear anything. She carefully made her way past the spot where the Sky Spirit had swooped in front of her. Eventually, Mya crested the hill and saw numerous tracks and a large area of disturbed snow. There was a trail of tracks and drag marks leaving the area, and her gut told her to follow them.

After a long while, she came upon a large camp. There were rows of tents on one side, and on the other were large crates, trunks, and barrels. In the heart of the camp was a large metal box with strange runes etched into all four sides. There was a red glow about it, as if the metal were being heated. She could see a few people standing and talking next to the box. As they did, a mournful moan rose up out of the box, and one of the people turned and kicked the box. That only elicited another mournful cry. Mya forced herself to stay calm, and cautiously made her way down and into the camp, ducking between tents.

The people finally moved away from the box, leaving it unattended. She snuck around the backside of the five-foot-high box and pressed her hands and an ear to the metal. It felt like the metal was moving with each breath the Sky Spirit took.

"It's okay," she whispered. "I'm here to free you."

A low groan answered her. Mya slowly peeked over the top of the box. There was a button on top that pulsed with a white light. "It can't be that easy," she mut-

tered. She stood on her tippy toes and reached as far as she could for the button, but was an inch shy. Next, she tried to pull herself halfway up onto the box without making too much noise. Amazingly, it worked, and she was able to push the button. But nothing happened. She pushed it again and closed her eyes, digging her nails into the edges of the button. The box remained closed.

Her temper flaring now, Mya slid off, found a large rock, and scrambled up on top of the box. She raised the rock over her head and then beat it hard against the button. The light flickered. She hit it again and again. The light soon died. But now she'd caught the attention of some people nearby and they came running to stop her. Mya gave one final hit to the button, and the box sprang open, throwing her off to the side.

The Sky Spirit instantly flew up into the sky. An alarm sounded throughout the camp. Mya stared up at the sky, stunned. A couple guards took that opportunity to grab her, and that instantly brought her back to reality and she began kicking and screaming. She couldn't tell what happened next, but in a flurry of movement and shouting, she ended up on the back of the Sky Spirit. She held on tightly. The icy air stung her face as they flew into the depths of the forest. Finally, the Sky Spirit landed, and plucked her off its back. It set her down, and she promptly fell on her butt in the soft snow.

Blue fur lined its back while the rest of its body was white, except for the silver antlers. As Mya looked upon the beast, her insides vibrated. The Sky Spirit looked at her with kind eyes and spoke to her inside her head.

"Thank you for your bravery. You saved my life."

"Of course. I couldn't just leave you there with those people. I think they were going to put you in a zoo or something. You don't deserve that."

The Sky Spirit smiled and lowered its head to Mya, and she reached a hand out to it, briefly touching its muzzle. "I think it's time I leave Earth."

"Really?" Mya asked.

"Yes, it's time. This is no longer the place for me."

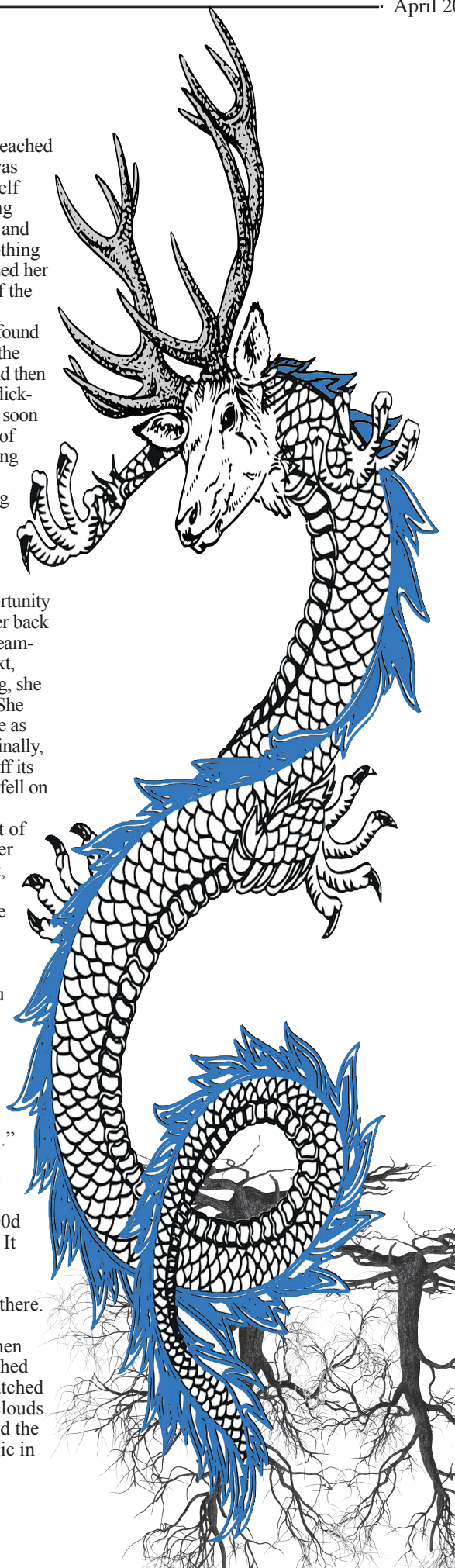
"Well, there's a planet called TOI700d that's 100 light-years away from here. It might be like Earth..."

"Thank you," it said, pulling back.

"Maybe I'll get some peace and quiet there. I'll never forget you."

The two smiled at each other, and then the Sky Spirit stepped away and launched into the air. Mya scrambled up and watched the majestic being disappear into the clouds as it left Earth. She sighed heavily. Had the greed of man chased away all the magic in the world?

— The End —
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Due to the statewide shutdown of restaurants and bars for dine in, we are still currently open to take out orders only. We are making it easy for you order take out by either calling us or now offering online ordering and delivery to the Guffey area.

If you would like to utilize our online ordering and scheduling, please go to this link: <https://www.toasttab.com/coronafreshwater>

We appreciate all the support our community given us during the shutdown and to reciprocate we are supporting and giving \$1.00 for every takeout order that we are doing to the food bank of the Rockies out of Denver who supports Park County to make sure school kids and those affected by the Covid-19 virus can still eat during this crisis. They supply emergency food boxes, etc if needed. They are also part of a larger organization, Feeding America, which supports the local food banks and has response teams and emergency funds for the food banks during this crisis.

Our modified hours during this shutdown are as follows:
Tues - Sat 12 - 6 p.m.
Closed Sunday and Monday

We look forward to having a grand time this summer with our wonderful bands and events that we have scheduled for this year.

Thanks!

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COVID-19 Community Partnership Update

Community Partnership
Family Resource Center

Community Partnership Family Resource Center (CP) remains open Monday-Friday 9-4 to assist Teller County families with emergency support and connecting families as quickly as possible to available resources.

Please call 719-686-0705 for assistance. Evenings and weekends - please leave a voicemail and someone will return your call within 24 hours.

For more info and to find out how you can help or receive help:
Call (719) 686-0705 or visit our Facebook page
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A Look Inside the Artist

Mike Fleming, Jr. Sculptor/clay animation
by Mary Shell

In all my 50 years of experience in the art world, I have never come across an artist who takes their sculptures and applies them to mugs. Of course, I have seen those hand-crafted mugs with animated faces including mustaches, larger than life noses and even dogs and cats, but none compare to the complex process Mike Fleming developed to achieve such detail in his mold castings.

A quiet man in his 30's Mike has found a niche in the creative world. Void of the hyper, "My art is great," sales pitch by some artists in the attempt to heighten the importance and value of their work, Mike allows his work to speak for him. I've watched this man work; observed his intensity and focus as he dove into his creative world.

Not all artists are successful due to their degrees in art, and not all techniques are learned through proper training. It's often the self-taught artist that develops new and exciting techniques and styles. A self-taught artist, Mike is well versed in his medium and has an open, expressive and judgeless mind. ...and it's that thinking that creates new and exciting conceptions in art.

My interview with Mike was refreshing. It was wonderful to experience a soul filled with excitement, hope and joy.

When did you first realize you loved creating art?

It was probably when I started building monster model kits with my Dad as a young fella. I could never paint them because I didn't have the skill at the time, but I learned a lot and had fun. It forced me to start asking questions and pursuing their answers which has developed into a great love and passion of mine. I'm still looking for the answers to some of those early questions.

What mediums brought you to what you use today?

Film, music, television, books, but really one that had a big impact on me is gaming. Gaming often gets a bad rap and, in some ways, I would concede that it deserves some of it but honestly there is so much art created for a video game that it's hard to even compare to any other medium. I mean truly beautiful worlds that have everything any other medium has but in Spades and you get to experience these creations in your own way. Everywhere you look or listen there is stunning art to enjoy, I mean it's incredible.

What inspires you to create?



Anything and everything honestly. I love looking to other art and experiences as inspiration. I think about art and creation constantly. It's something that's just habit now. The smallest little thing could inspire art. I don't ever want to stop looking.

How long have you been doing this?

I have been creating in some way ever since I saw Jurassic Park as a boy. I could barely wrap my little brain around it all. It blew my mind and scared me all at once. I was so blown away by the practical effects employed and how amazing it all looked and sounded. It was so next level and really helped push me into creation.

Why on mugs?

This one was kind of backwards which happens from time to time. I retrofitted some of my head magnet sculptures and made a couple of mugs with those and folks really liked them. I took time to develop a specific process to be able to transfer the detail of my sculpture work into water-based clay which could then be fired. It's really one of the stronger parts of my business now which has in turn inspired me to create new mugs and designs.

What do you look for when creating in clay?

Shapes and shadows. I play around and discover the dimension and feel of the piece, but harsh lighting really helps a lot. I use the shadows that are cast on a piece as a roadmap almost. Often times it finds itself and I'm just kind of along for the ride.

Did you use any other medium?

I'm absolutely horrible at drawing or painting but I did try it very early on before discovering the magic of sculpture. Another passion I have is clay animation and stop-motion animation. From a very early age, I wanted my animations to look better so that inspired and influenced my sculpture work and that continues to this day.

What is your favorite piece?

Right now, I would have to say my Hopper (from 'Stranger Things') caricature bust. I pushed myself pretty hard on that piece in several areas actually and am proud of it and my effort. Caricature work is very challenging for me, so it was a process that took time and a few tries. Learning to not be precious with a piece of art is a good lesson to remember. If something isn't working, then scrap it and try again especially early in the process.

Who inspired you to create (if any)?

Oh my, so many artists have inspired me across several mediums and ways over time. From fellow sculptors to animators to my folks and even few crazy characters we all seem to meet in life. I could be here forever naming names but probably my most important inspiration is myself. Not me right now, but future me, and the man and artist I will become. That dude inspires the hell out of me.

What do you see yourself doing in the future?

Oh boy! The future is exciting. I have so many things planned and in process with my work in clay animation being paramount. My work in pottery is important and I'll keep developing there. I really want to direct some short-animated films and eventually some feature films.

What do you want to try next?

I often get asked about teaching and that's something I'd love to get popping off soon. I never went to formal school to learn how to create art but I'm confident I can create some classes that will help folks learn and allow me to introduce them to the sculptor, animator or potter in themselves. I believe we all have one in us. Helping someone discover the unique power of creation sounds really rewarding.

Here's how you can reach Mike Fleming, Jr. Email Mike@MFlemJr.com, Website — MFlemJr.com

Pearl's Follies says "Thank You!"

by The Old Homestead House Museum Board

WOW!!! How lucky are we to live in a community that really cares; Pearl's Follies held on March 7 was a roaring success with around 220 folks in attendance. It was a very successful night financially we cleared \$11,200 in profit. We, the board of directors for the museum, would like to take this opportunity to say Thank you to all those that made it the great event it was and for supporting us over the years. Your love helps us keep the 124-year-old house cared for and the museum open for the public to enjoy and learn from.

First thank you to our other event sponsors NEWMONT Cripple Creek/Victor Gold Mining Company, Bronco Billy's Casino, Wildwood Casino and Century Casino, Butte Theater, Black Hills Energy, Renee Mueller, Snare Construction, Snare Cattle Company, McGregor family and Leslie Harris, whose donations helped us with up-front costs and advertising. Because of them we could call proceeds pure profit. Also thank you to the staff of Double Eagle Hotel and Casino for taking care of us as usual; you always treat us right.

Several others donated items for live and silent auction: Creation Everlasting, Brian & Lisa Wheatcraft, Cripple Creek District Museum, Lawmen & Outlaw Museum, Dixie Clare, John and Mikki Freeman, Royal Gorge Bridge and Park, Bristol Brewing, the Cliff House, Manitou Springs Heritage Center, Top of the World Rodeo, VanEgmond Stone Company,

Conley Propane, Karen and Steve Zoellner, Gold Camp Realty, Horsemane Beauty and Barber Boutique, Cookie Ringo, Bronco Billy's Casino, Cripple Creek Automotive, John Zimmer, Kirstie Crawford, Mark Green, Clare's Florissant Fossil Quarry, Sherri Higgins, Western Mining Museum, Tim Penland, Curt and Peggy Sorenson, Bless the Herbs, Cripple Creek Ace Hardware, Gold Camp Victorian Society, and Double Phoenix Massage Therapy.

A very special thank you to those who performed, without your help we wouldn't have a show. Those folks are: Lays Brothers (Bob, Rick & Martin), Strings and Things, Lissa Hanner, Kara and the Kosmos, Mike Green, Sergio Shafer, and SB Sirius. Without these folks volunteering to make the show we couldn't do anything, so they are appreciated. A GREAT BIG THANK YOU to Derreck (D'Rock) Raush for being our MC.

Most importantly thank you to the residents who come out year after year and support the event. We can never mention every person or group who purchases a table and sells us out before we even get started. You always beg us to do it again, and you show your appreciation by showing up in droves. You make it worth the effort and we do appreciate the support.

We apologize to anyone we may have missed in this thank you letter, and understand we didn't do it on purpose. You are appreciated; we are just forgetful sometimes.

Recipe

Elderberry Balsamic Reduction

by Kathy Hansen

Boosting the immune system can taste good! It is my pleasure to share this delicious concoction that can be added to salads, vegetables, or your favorite meat and even fish that is needing a little pizzazz. Honestly, one evening when we couldn't decide which vegetable to have for dinner, and the leaning toward the salad was more about this reduction, we simply drank a shot of it and chose a heated vegetable. Yum!



2 C Water
2 Tablespoons elderberries
Bring this to a low boil and simmer for about 20 minutes. Drain and return liquid to the saucepan; put the cooked elderberries in the compost.
Add:
1 Cup local honey
1 Cup Balsamic Vinegar
5 Cloves Garlic

Return to heat at low simmer, again for about 15 minutes, stirring occasionally. You can tell it is done when it coats the back of a spoon.
Enjoy!

Adopt Me Jack

Jack is a natural born hunter, and would probably help keep the pests away. He is only 4 years old, and neutered. Jack is a very affectionate young man laying in your lap and purring up a storm is his next favorite activity when he's not on the prowl. Come on by the shelter at 308 Weaverville Road in Divide and check out this big boy; see if he's the right fit for your home! You can also give us a call at 719-686-7707.

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We have been very busy lately striving to keep life somewhat normal for our residents and employees of Cripple Creek Care Center. We are currently not allowing any visitors into our community and only essential personnel. We are encouraging families to call, text, or video chat with their loved ones during this time. We are implementing more in house activities to include more bingo (who doesn't love bingo), small art groups, puzzles, and more one on one games and activities.



Staff is working hard to keep our little community positive and in good spirits.



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Teller County Farmers Market Association

Spring Market
Saturday, April 11th

In response to the current state of emergency, we are sad to announce that the Indoor **SPRING FARMERS' MARKET FOR APRIL 11TH IS CANCELLED**.

We hope to be able to go ahead with the next indoor Spring Market on Saturday May 16th 9-1 at Ute Pass Cultural Center in Woodland Park. Further review will be carried out in April. For updates, see our Facebook page: www.facebook.com/wpfarmersmarket.com Contact us at: info@wpfarmersmarket.com

719-689-3133
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Wpfarmersmarket.com

Rampart Library District Here for you virtually

by Michelle Harris

The Rampart Library District is currently closed until further notice. While our facilities and physical materials are currently not available to the public, we are striving to offer as many virtual services that we possibly can.

WiFi

Many of our library patrons visit the library to use the internet. We have made the decision to keep our WiFi on so that it is available to the public. If patrons have their own personal device, cell phone, laptop or tablet, they can access the library's WiFi from outside either of our facilities. A password is not necessary at the Woodland Park Library. If outside the Florissant Public Library, password information is located on the sign above the book drop.

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Children's Programs

We value the importance of continuity for the youth in the community. Currently, we are offering pre-recorded virtual story times during our regular story time hours and virtual craft projects. These will be released on our Facebook page; for more information visit our website <https://rampart.colibraries.org/>.

Reference Services

The Rampart Library District's digital resources are still from our website during our closure, patrons need a library card to access our digital resources. If patrons do not have a library card, they can get a temporary library card (valid for 3 months). To obtain a temporary library card visit the Rampart Library District website, click the catalog tab and select "Login." A window will pop-up. Select "Register for a New Library Card."

Ebooks

Patrons can use Overdrive to check out ebooks and audiobooks. Patrons access Overdrive with the Libby, by Overdrive app on their personal device or through our website. If patrons would like to add Libby by Overdrive to their personal device, the instructions to download the app are on our website under the "e-Content" tab.

Also, under the "e-Content" tab are TumbleBooks; a collection of animated, talking picture books for elementary school children K-6.

A variety of databases are available under "Research" tab on our website.

Please know the staff at Rampart Library District are continually thinking of ways in which we assist our community during this time. If you have further suggestions email us at rampartlibrarian@gmail.com.

Currant Creek Characters VI Benders & Hammonds: The Gay Nineties and beyond

by Flip Boettcher

Unfortunately, for history researchers, family historians and genealogy buffs, most of the 1890 United States census records were destroyed by a fire January 1921 in the Commerce Department building. There were no conclusions drawn as to the cause of the fire.

Actually, a fire destroyed many 1890 special census schedules in 1896, but no general population schedules.

The 1890 census started June 11 and was finished July 1. There were many complaints about the accuracy and undercounting, some demanding a recount. The 1890 census was the first to use punch cards and electric tabulation systems. It was also the first census to use a separate schedule for each family, rather than having all households in a continuous list separated by household numbers in each area. The census contained a lot of information. It was a bad year for the census records to be lost.

The Gay Nineties refers to the 1890s, a decade of supposedly decadent art, frivolity, sexual inhibitions, the witty plays and trial of Oscar Wilde, society scandals and the beginning of the suffragette movement. It was known as the Naughty Nineties in England.

The decade was marked by an economic crisis as well, which was worsened by the Panic of 1893 that set off a widespread economic depression in the United States that lasted until 1896.

It doesn't seem as though the Gay Nineties had much of an impact on the Currant Creek residents, though. The activity there was bustling as usual.

All four men, John Bender, his son Martin, his brothers-in-law Hank and Bill Hammond, became prominent and well-known members of their communities and in Park, Fremont and Teller Counties, as well.

Annie Bender's brother Bill Hammond ran cattle under the half circle A brand around Howbert on Pruden's ranch, but his business interest centered more on slaughterhouses and butcher shops. Bill is mostly associated with the towns of Howbert and Balfour, as well.

In 1892 and 1893, Bill Hammond is the county assessor from Howbert. In 1893 he rented the South Park Hotel from the Epperson's and a *Flume* article said the hotel was ready for the public. Bill also had a butcher shop in Howbert.

By 1894 Bill is mostly in Cripple Creek and has a wholesale butcher business there for several years. Bill later tried some mining. In fact, the 1910 census shows Bill leasing a homestead gold mine on Wilson Creek, southwest of Cripple Creek.

In 1894 Bill bought two lots in Balfour; 10 and 11 in block 18 with L.W. Robins, for \$30 from the Balfour Town and Improvements Company.

That same year Bill was an election judge from Balfour and a delegate to the republican convention with wife Mary, from Balfour.

Balfour was a short-lived, latter-day gold camp 10 miles south of Hartsel and southwest of the Currant Creek Wagon Road on the north bank of Buffalo Slough. Balfour was founded in November 1893 and by the spring of 1894 there were 800 people there with two daily stages, three hotels — the Balfour, the Clarendon, and the Crawford Hotel and Restaurant, stores, the Nugget Saloon, and 110 log or frame buildings. At its peak there were 200 houses in Balfour. Around 1900 Balfour slipped away and not much remains today.

Bill was unemployed in 1896 after the two devastating fires that wiped out most of Cripple Creek. By 1899, the *Flume* reports that William "Bill" Hammond, a stock buyer from Cripple Creek, was in Howbert looking at cattle and he also still has the butcher shop in Cripple Creek.

The 1900 census listed Bill, a butcher, wife Mary and daughters Della and Bertha living in Cripple Creek.

It was December 29, 1902 when Bill's wife Mary Dell died and was buried in the

Mt. Pisgah Cemetery. Bill still has the butcher shop in 1905. He leased the gold mine in 1910 and was living in Cripple Creek, with his daughter Bertha.

By 1920, having lost his eyesight, Bill was living in Florence with his daughter Babe. November 29, 1925, Bill died at 68 years old in Holmes Hospital in Cañon City. Bill was buried by Mary's side in Mt. Pisgah Cemetery, and according to Doug Stiverson, in an unmarked grave. Bill's mother, Hannah Hammond, is Stiverson's great, great, great grandma.

William Hammond's obituary stated that he was well known in Park, Teller and Fremont Counties.

Bill's older brother Hank was an active rancher in the Currant Creek area and served on the South Park and Fremont County Cattleman's Associations.

In 1892, Hank and family moved to Howbert to be more centrally located in the road district where he was the supervisor, as reported in the Howbert Happenings section of the *Flume*. Records show that the couple's fourth daughter, Blanche Ruby, was born in 1892 in Howbert. Hank was a juror that year and an election judge from Kester in 1893 and 1894.

Hank is a delegate from Kester with his wife Fannie to the republican convention in 1894, the same year that his brother Bill was a delegate from Balfour.

A September 1894 *Flume* article reported that, "A bouncing baby boy was born to Mr. and Mrs. Hammond of Currant Creek a few days ago." Frederick Henry "Fred," was the couple's first son and fifth, and last, child. Hank was a juror in 1894, as well.

In 1897 Hank, of Hammond Town, ran for Park County Sheriff on the Silver Republican and Democratic tickets. That year there were 12 parties listed on the ballot — People's Party, Republican Party, Silver Democratic Party, Silver Republican Party, Socialist Labor Party, Silver Populist Party, National Silver Party, Civic Federation Party, Democratic



Above: Henry H. "Hank" Hammond and his wife Fannie Hahnenkratt.

Cover: Henry Hammond family left to right are Henry (Fred), Maude, Grace,

Fannie and Blanche. Because of their mulatto look, some of the family members, mostly the men, shunned them, according to Stiverson. All pictures courtesy of Doug Stiverson, Hannah Hammond's g-g-g-grandson.

The 1900 census lists Hank in Freshwater on his 44 Ranch. Hank was a farmer and he was living with Fannie, Grace, Maud, Blanche R and Fredrick. Ione Cartel, 18 years, a teacher, was listed as a boarder with them.

Hank is still in Freshwater in 1910, a farmer, living with Fannie, Blanche and Fred. In 1920 Hank was in Guffey, a ranchman, living with just Fannie. In 1904 Hank was a Park County commissioner.

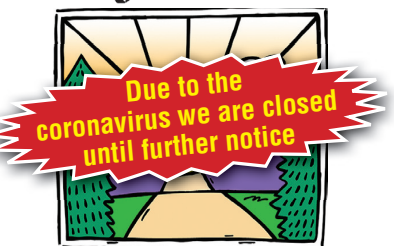
1917 saw the death of his only son Fred. Fred died in the service at Camp Funston, which is believed to have been ground zero for the Spanish Flu epidemic. Fred's death was officially attributed to pneumonia; he most certainly was a very early victim of the flu. Fred was buried in the Greenwood Cemetery in Cañon City.

Hank gave up ranching and moved to Cañon city about 1925, where his brother Bill died also in 1925. Hank passed away in 1935 leaving his widow Fannie living at 515 Harrison Ave. in Cañon City. Fannie died in 1953. Hank and Fannie are buried in the Greenwood Cemetery with their son Fred.

To be continued...

All the information about Balfour came from Bayou Salado, by Virginia McConnell Simmons.

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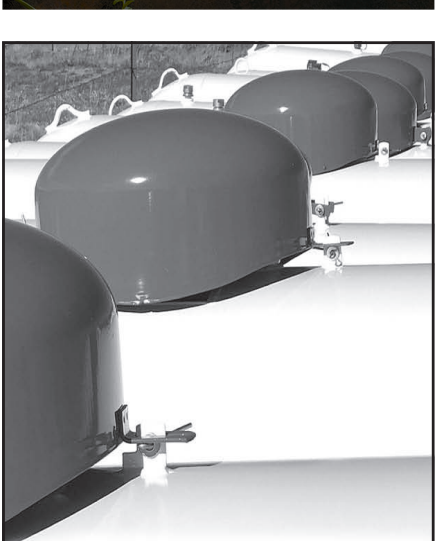
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Getting it “To-Go”

Your guide to dining out during the Coronavirus pandemic

The following is a list of area restaurants that we can confirm are offering take out, curbside service, and delivery food service for those suffering from cabin fever. If your favorite eatery is not on this list, we suggest you call them to see if they are offering these services. In Cañon City, Florence and Penrose you can call Grub Runners at 719-429-5385 to facilitate food delivery from your favorite diner.

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Take Out 11-8:30
- Eddyline Taproom**
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Take Out Food & Beer 12-7pm
- Jade Garden**
505 US 24
719-395-4950
Take Out 11-9pm
- Jan's Restaurant**
304 US 24
719-395-6940
Curbside, Take Out, Delivery 7-7pm
- La Herradura**
708 US 24 S
719-966-5290
Take Out
- Lariat**
206 E. Main St
719-395-9494
Curbside Take Out
- Midland Stop**
801-1B Front Loop
719-966-5286
Take Out
- Rooster's Crow Cafe**
527 US 24
719-395-0777
Take Out 6-2pm
- Simple Eatery**
402 E. Main
719-207-9400
Take Out
- Wayno's Burgers Food Trailer**
Johnson Village
719-293-4912
Take Out

Cañon City

- 16th Street Cafe**
302 N 16th St
719-275-5211
Take Out 10-3pm
- Big Burger World**
1205 S 9th St
719-275-8079
Curbside 10-7pm

Bunk House Burgers

- 2147 Fremont Dr
719-315-2218
Take Out 10:30-8pm
- China Garden**
3245 E US 50
719-276-1888
Take Out, Lunch 11-3pm, Dinner 3-9pm
- Chuck's Seasoned Grill**
325 Main St
719-275-2216
Take Out 8-3pm
- Di Rito's Italian**
231 Main St
719-276-7240
Take Out, Delivery 11-8pm
- Mr Ed's Fmily Restaurant**
1201 Royal Gorge Blvd
719-275-5833
Take Out
- El Alazan**
1925 Fremont Dr
719-269-3530
Take Out 11-8pm
- El Caporal**
1028 Main St
719-429-8212
Take Out 12-8pm
- El Reynaldos**
2801 E Main St
719-458-1616
Take Out 7-9pm
- Los Compas Mexican**
1332 Royal Gorge Blvd
719-345-3355
Take Out 7-7pm
- Momo Sushi Bar Wok & Grill**
1540 Royal Gorge Blvd
719-275-3667
Carry Out 12-7pm
- Nirvana Culinary Paradise**
413 Main St
719-345-4182
Take Out 12-8pm
- Old Mission Mexican**
1905 Fremont Dr
719-275-6780
Take Out 11-8pm
- Pizza Madness**
509 Main St
719-276-3088
Take Out 11-8pm
- Toreros Family Mexican**
127 Justice Center Rd
719-276-2063
Take Out 12-8pm

Divide

- McGinty's Wood Oven Pub**
11115 US 24
719-686-7703

Take Out 12-7pm

- Russ' Place**
52 CR 5
719-687-5599
Take Out, Delivery 11-6pm
Limited Menu

Fairplay

- Asian Fusion**
22186 US 285
719-836-4468
Take Out Closed Wed
- McCall's Park Bar**
511 Front St
719-836-3404
Take Out 11-9pm
- Platte River Saloon**
517 Front St
719-838-3461
Take Out 12-6pm, Full Menu
- Millionzi's**
501 Front St
719-836-9501
CurbsideTake Out
- Salado**
456 Front St
719-836-7031
Take Out 12-7pm, Limited Menu

Florence

- El Alazan II**
401 E Main St
719-784-7572
Take Out 11-8pm
- Kopper Kettle**
115 E Main St
719-784-7664
Take Out, Delivery 7-2pm
- Oak Creek Grill**
114 E Main St
719-784-1999
Take Out 10:30-8pm
- Quincy's**
121 W Main St
719-748-1913
Take Out, Curbside, Delivery to Florence, Cañon City & Penrose
- Turmeric**
106 W Main St
719-784-7051
Take Out 11-8pm
- Two Sisters**
104 E Main St
719-784-4090
Take Out, Delivery 8-2pm

Florissant

- Mountain Burger**
2636 W Hwy 24

719-748-8646

- Take Out 11-7pm
- Iron Tree Tables & Taps**
37 Costello Ave
719-748-0124
Take Out, Delivery 8-5pm, Limited Menu

Guffey

- Coronas at Freshwater**
52 S Eighth St
719-689-0518
Take Out12-8pm Tue-Sat, 8-11am & 12-6pm Sun
- Sarah's Place at the Bakery**
446 Sixth St
719-286-8589
Take Out 8-2pm Thur, 8-7pm Fri-Sat, 8-2pm Sun

Howard

- Riverside Cafe**
10281 Hwy 50
719-942-3942
Take Out

Poncha Springs

- Alba Bakery**
222 Summitview Ln
720-300-8688
Drive Thru/Take Out
- Grimo's Italian**
114 S Main
719-539-2903
Take Out 4-8pm
- The Hunger Shack**
10538 CR 150
719-530-3500-Trailer
719-530-1359-Shack
Take Out
- Tony's Restaurant**
11228 W US 50
719-539-5301
Carry Out

Salida

- 14ers Wieners Food Truck**
Hwy 50 & E St
Take Out
- 50 Burger**
445 E. US 50
719-207-4950
Take Out, Curbside, Delivery
- Amicas Pizza**
127 F St
719-539-5219
Full Menu Hot Food Pick Up
- Boathouse Cantina**
228 N F St
719-539-5004
Curbside Pick Up/Delivery in Salida & Poncha Springs
- Currents Steaks & Seafood**
122 N. F St
719-539-9514
Curbside 11-9pm

- Cafe Dawn**
122 E 1st St
719-539-5105
Take Out
- The Fritz**
113 E. Sackett Ave
719-539-0364
Take Out

- Gathering Grounds**
203 W 1st St
719-539-2171
Take Out 7-2pm

- Las Camelinas**
128 W 1st St
719-530-0405
Take Out 12-8pm Mon-Sat
- Little Red Hen Bakery**
302 G St
Text 719-221-6980 to order, Curbside, Delivery 8-4pm
- The Lost Cajun**
1110 E US 50
719-239-2020
Take Out 11-8pm

- Mama D's**
140 N F St
719-530-3010
Take Out
- Manipura Juice Company**
110 E 1st St
719-966-7013
Take Out/Delivery 10-5pm
- Mo Burrito**
311 H St
719-539-2145
Carry Out

- Moonlight Pizza**
242 F St
719-539-4277
Take Out/FREE Delivery

- Soulcraft Brewing**
248 W. Rainbow Blvd
719-539-5428
Food & Beer Take Out 12-7pm
- Sprockets**
148 W 1st St
719-207-4595
Take Out

- Sweeties Sandwich Shop**
124 F St
719-539-4248
Take Out, Curbside, Delivery 10-4pm
- Taco El Tapatio**
136 E 2nd St
719-207-4487
Take Out/Food Truck Open

- Uptown Grill**
413 W Rainbow Blvd
719-207-4433
Curbside Take Out
- Wallbangers Sports Bar**
720 E. Rainbow Blvd
719-539-9544



Take Out 11-6pm
BBQ Sandwiches 11-2pm
Bangers Burritos 6:30-9:30pm

Woodland Park

- AJ's Pizza**
751 Gold Hill Pl. S
719-687-4505
Take Out/Delivery 11-10pm
- Casa Grande Mexican**
19251 E. US 24
719-687-0415
Take Out 11-8pm
- Fortune Dragon**
280 E. US 24
719-687-8883
Drive Thru 10-9:30pm
- Fusion Japan**
765 Gold Hill Pl. S
719-687-2228
Call
- Grandmother's Kitchen**
212 E. US 24
719-687-3118
Take Out 7-2pm
- Hungry Bear**
201 E. Midland Ave.
719-687-5912
Curbside 6-2pm Wed-Mon
- Joanie's Deli**
110 E. US 24
719-686-9091
Take Out 7-3pm
- Judge's Char-Grill**
200 E. Midland Ave
719-687-8155
Curbside/Delivery 11-8pm
- Mayflower Chinese**
1212 E. US 24
719-687-0711
Take Out 11am-8:30pm
- Southern Lilly**
727 Gold Hill Pl. S
719-896-1053
Take Out, Curbside, Delivery 12-7pm Tue-Sat
- Swiss Chalet**
19263 E US 24
719-687-2001
Take Out 12-5pm Tue-Sat

Guffey Community Charter School Seeks K-2nd Teacher

by Martine Walker, principal

Guffey Community Charter School (GCCS) is seeking a dynamic and committed elementary teacher for our K-2nd grades (multi-grade) classroom for the 2020-21 school year.

GCCS is a public charter school authorized by the Park County RE2 district in rural Park County serving students K-8th grades and is located in the off-the-beaten-path town of Guffey, CO. Each of our three classrooms are multi-grade and our average student enrollment is 30 with roughly 10-15 students per classroom.

Our teachers and administrator who commute to Guffey from Florissant, Divide, and Cañon City would all agree that working at GCCS is worth the commute! GCCS is truly a special opportunity and positions becoming available here are rare. We asked our teachers to put together a list of why they love working at Guffey School and here is what they said:

“You teach the same students for up to three consecutive years, meaning you form a stronger relationship with the students and don’t have to start over every year with a whole class of all new students.”

“There is a greater opportunity for experiential education at Guffey School because we do not have a limit on the number of field trips we can take that relate to the curriculum.”

“While we do have curriculum in place, we have the ability to reach each student where they are by teaching it in a way that makes sense to them as individuals.”

“Guffey has a HUGE support from the

community in terms of volunteers who regularly help with small groups in the classroom (under the direction of the classroom teacher).”

“We have a very supportive small staff and work as a team to help each other out in any and every way needed.”

“Four-day work weeks!”

“Guffey School is a positive, supportive environment where teachers are appreciated.”

“Delicious homemade lunches.”

“Teachers are actually valued when it comes to administrative decisions that affect the school as a whole...from small decisions like having a 2-hour delay to big decisions like who to hire to fill a position.”

“Having a stable school board with stable policies – NEVER any surprises.”

Guffey School is a place of learning and service that nurtures the light of the individual spirit by treasuring our countryside, the classroom, and the community, both local and global, in an atmosphere of safety, kindness, and joy.

If you wish to apply, please email a one-page letter of interest, curriculum vitae or resume, a copy of your teaching license, and three references to mwalker@guffeyschool.org You may also call the school office at 719-689-2093 to arrange a time to deliver those items to the school.

- Qualifications: B.A./B.S. degree, CO teaching license
- Compensation: \$33,500+ DOE + benefits

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To apply or for more information, please contact Tonya McKinley at tonyamckinley@awmi.net or 719-619-2273.

Deadline to apply is April 24.

NEW DATES & VENDOR FEE WAIVED!

Internet resources for home schooling

The following list was graciously provided by one of our readers who home schools. This gift truly came from the heart; the reader prefers to remain anonymous.

- St. John’s College great books reading list: <http://www.sjc.edu/academic-programs/undergraduate/seminar/annapolis-undergraduate-readings/>
- Charlotte Mason site, Ambleside Online: <https://www.amblesideonline.org/>
- Bartleby literature source site: <http://bartleby.com/>
- Used book purchase site: <http://www.abebooks.com>
- Free audio literature, volunteer-based: <https://librivox.org/>
- Mortimer Adler sources: http://www.thegreatideas.org/adlerbio_short.html
- Murderous Maths site: <http://www.murderousmaths.co.uk/>
- Well Trained Mind forum: <http://forums.welltrainedmind.com/>
- Robinson Curriculum: <http://www.robinsoncurriculum.com/>

- Easy Peasy home schooling: <http://al-linonehomeschool.com/>
- Sonlight curriculum: <http://www.sonlight.com/>
- Answers in Genesis, creation science information: <https://answersingenesis.org/>
- Apologia curriculum: <http://apologia.com/>
- Ellen McHenry’s Basement Workshop: <http://ellenjmchenry.com/>
- Lincoln Interactive curriculum: <http://lincolnteractive.org/>
- Math U See <http://www.mathusee.com/>
- Singapore Math <http://singaporemath.com/>
- VideoText: <http://videotext.com/>
- Saxon Math: <http://www.christianbook.com/page/homeschool/math/saxon-math>
- Teaching Textbooks: <http://teachingtextbooks.com/>
- Math Mammoth: <http://www.mathmammoth.com/>
- A Beka: <http://www.abeka.com/>
- My Father’s World: <http://www.mfw-books.com/wps/portal/c/homeschool>

- Milestone books, suppliers of Rod and Staff: <http://www.milestonebooks.com/?rodstaff.com>
- NaNoWriMo Young Writers Program: <http://ywp.nanowrimo.org/>
- Rosetta Stone language program: <http://rosettastone.com/>
- Alpha Omega Publishing <http://www.aop.com/>
- EuroTalk, Talk Now! language programs: <http://eurotalk.com/us/>
- Muzzy language programs: <http://www.early-advantage.com/>
- Berlitz language: <http://www.berlitz.com>
- Cambridge Latin Course: <http://cambridge-csccp.com>
- AP testing: <https://apstudent.collegeboard.org/home>
- CLEP testing <https://clep.collegeboard.org/>
- Modern States CLEP program, Freshman Year Free: <https://modernstates.org/>
- Christian Liberty Press, books and testing: <http://www.shopchristianliberty.com/about-christian-liberty-press/>
- Seton testing: <http://setontesting.com/>
- SAT: <https://sat.collegeboard.org/home>
- Zaner-Bloser, penmanship: <https://www.zaner-bloser.com/>
- SchoolTube: <http://www.schooltube.com/>
- American Astronomical Society: <http://aas.org/>
- List of cooperative extensions: <http://earthbox.com/cooperative-extension-list>
- Sketch’s World math game: <http://www.multiplication.com/games/play/sketchs-world-multiplication>
- Memoria Press: <http://memoriapress.com/>
- Duolingo language: <https://duolingo.com/>

- Mango languages: <https://mangolan-guages.com/>
- Classical Conversations curriculum: <https://classicalconversations.com/>
- Dover Publications, sign up for emailed samples: <http://store.doverpublications.com/>
- Numberphile videos: <http://www.numberphile.com/>
- Periodic Table of videos: <http://periodicvideos.com/>
- NASA: <http://www.nasa.gov/>
- Home Science Tools: <http://www.homesciencetools.com/>
- Carolina Biological Supply Company: <http://www.carolina.com/>
- Quality Science Labs: <http://www.qualitysciencelabs.com/>
- How Stuff Works: <http://www.howstuff-works.com/>
- NOVA: <http://www.pbs.org/wgbh/nova/>
- The Great Courses: <http://www.thegreat-courses.com/>
- Usborne books: <http://www.usborne.com>
- Cathy Duffy reviews: <http://cathy-duffyreviews.com/>
- Khan Academy: <https://www.khanacademy.org/>
- The Art of Problem Solving: <https://art-ofproblemsolving.com/>
- Coursera: <https://www.coursera.org/>
- Udemy: <https://udemy.com/>
- edX: <https://www.edx.org/>
- Code Avengers learning to code: <https://www.codeavengers.com/>
- MIT’s Scratch coding resources: <https://scratch.mit.edu/about/>
- Mother of Divine Grace school: <https://modg.org/>
- Seton Home Study School: <http://www.setonhome.org/>

Adopt Me by Ark Valley Humane Society Duchess



Duchess came to the shelter as a surrender because she was stressed out with an increased number of kids in her previous home. She was inappropriately urinating on items of the children, so her owners realized she was too stressed out to stay there. After ruling out any health issues, AVHS made her available for adoption. She is currently in a foster home with older kids and has had no litter box issues. Her foster home reported that she is very sweet and settled into their home rather quickly. Duchess prefers to be the only feline in your life, we are not sure how she would be with dogs. If you have a calmer home and are looking for a cat to spend some time with, please come give Duchess her forever family today! All senior cats are considered priceless at

AVHS, and they’re spayed/neutered, up to date on vaccinations and microchipped. Please note, at the time of writing this we’re currently closed to the public. Adoptions can be made by appointment only. Updates can be found on www.ark-valley.org.

This space donated by the Ute Country News to promote shelter animal adoption.

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~ OUT AND ABOUT ~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at utecountrynewspaper@gmail.com.

Readers: Given COVID-19 information changes daily, we encourage you to follow the most recent guidelines provided by the CDC (cdc.gov) and your county’s health department. We recommend calling ahead to get the most current information, be it the hospital you were hoping to get tested at or the local restaurant you hope has grab & go.

ALZHEIMER’S
• No one should face Alzheimer’s or any dementia alone, especially in a time like this. The Alzheimer’s Association may not be in the office at this time, but we are still open 24/7. Let us know how we can help. If you, a loved one or anyone you know needs to talk, do not hesitate to reach out. Our professional staff provides reliable information and support to all those who need assistance. Call 1-800-272-3900 or 719-372-5978 or alz.org. We are offering support groups and education via conference calls and web meetings.

CRIPPLE CREEK
• Aspen Mine Center remains open Mon-Fri, 9-4 p.m. however, group activities are cancelled. You may still get a food box and energy assistance. Non-perishable food and monetary donations are appreciated! Please, no clothing or furniture donations at this time. Pikes Peak Workforce Center is unstaffed. Please call El Paso County office 719-667-3700, alternately CO Dept of Labor and Employment at 1-800-388-5515. To reach AMC staff 719-689-3584.

FLORISSANT
• The visitor center is closed. Rangers are available at the entrance to provide access to outdoor exhibits and trails. The picnic area and outdoor restrooms adjacent to the visitor center will remain open. The grounds of the Hornbek Homestead, the Barksdale Picnic area and all trails will remain open. FMI <https://www.nps.gov/ffo/index.htm>.

WOODLAND PARK
• Woodland Park School District will provide sack meals at no cost M-F 11-1 p.m. at Florissant Grange, 2009 CR S.




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vehicles. We have put an online registration form in place on our website so that folks can register online and not have to leave their car to come inside to register.

• To minimize personal contact, no one will be signing anything for their food. They will be registered outside on laptop computers and the food will be loaded into their cars.

• We will have only a minimum of volunteers in the warehouse for distribution. Volunteers will be coming in for several days before the food distribution to sort and pack boxes. On the day of distribution, we will have only 10 volunteers at a time in the warehouse putting bags into the boxes.

• We ask for patience during this time as we are doing everything we can to keep you safe, and there may be delays in getting the food loaded because of the short staffing. Please be kind!



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worked out. We want to continue assisting clients while making sure everyone is safe. Visit our Facebook page for updates.

• Woodland Park School District will provide sack meals at no cost M-F 11-1 p.m. at Gateway Elementary School in the bus loop.



Where is Katee this month?

Katee is asking for your help to keep her canine and feline friends at home with their families by making a donation to the Pet Food Pantry. COVID-19 has affected many families. Stability is important and having their “Best Friend” to still hug is critical. We have cancelled our event for April. Katee is hoping you will drop off donations at The UPS Store located in the Safeway Shopping Center in Woodland Park or at TCRAS in Divide. You can also donate online. Thank you for your support! FMI www.PetFoodPantryTC.com.




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this winter?** ¿Necesita ayuda con la calefacción
de su casa este invierno?

LEAP can help.

LEAP puede ayudarlo.

**ACCEPTING APPLICATIONS
NOVEMBER 1 - APRIL 30**

ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

**LEAP, Colorado's Low-income Energy
Assistance Program, helps eligible
Coloradans with winter home heating costs.**

LEAP, El Programa de Asistencia para Energia para Hogares de
Bajos Ingresos de Colorado, ayuda a los residentes elegibles de
Colorado pagar una parte de sus gastos de calefacción de invierno.

1-866-HEAT HELP
(1-866-432-8435)

www.colorado.gov/cdhs/leap

Applications can be accessed online
or at your Teller County DHS office
at Tamarac Business Center in
Woodland Park or Aspen Mine
Center in Cripple Creek.



COLORADO
Office of Economic Security
Division of Food & Energy Assistance



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